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JUSTIN TIME

JUSTIN TRUDEAU LAUNCHES HIS CAMPAIGN FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE AN EBULLIENT CROWD IN MONTREAL PAGE 9

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CALGARY metro®
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BLOWN AWAY

Carrie Underwood plays the Scotiabank Saddledome Tuesday night during her Calgary stop on The Blown Away Tour. For a photo gallery, visit metronews.ca CANDICE WARD/FOR METRO

Class-action lawsuit faced by XL Foods

Growing problem.
Fifth infection case linked to now-recalled Alberta meat

Legal action is being taken by an Edmonton man who became severely ill after eating meat linked to the Alberta producer at the centre of the largest beef recall in Canadian history.

Matthew Harrison, a real-estate agent, says he suffered through weeks of severe stomach pain after eating steak that was purchased from a Costco store that traced its meat back to a Brooks plant run by XL Foods. That plant has recalled more than 1,500 products in recent weeks amid concerns of E. coli contamination.

Harrison said he's only beginning to recover from his ordeal now.

"It was unbelievable, the worst pain I have ever been in," he said. "I had diarrhea and there was blood in my diarrhea.... I'm doing OK, but I'm not 100 per cent."

Four E. coli infection cases, including Harrison's, had already been linked to the steaks eaten at a barbecue Sept. 4, and on Tuesday provincial health officials revealed a fifth person also fell ill.

Another five cases, including three in Calgary, are still being investigated for links to contaminated meat, according to chief medical officer of health Dr. Gerry Predy.

"Given all of the recalls, we would hope most of the product that could conceivably carry the organism is off the market," Predy said. "We would hope not to see anymore cases."

Harrison's lawsuit, which has been formally filed in Edmonton Court of Queen's Bench, is believed to be the first of its kind since XL Foods issued an initial voluntary recall of some of its products Sept. 16.

Harrison hinted Tuesday evening that other victims may be included in the suit, and said any resulting monetary settlement is being left in the hands of his lawyer, Edmonton's Trent Brown. JEREMY NOLAIS/METRO WITH FILES FROM ROBSON FLETCHER

Annual E. coli cases

- Despite a recent cluster of E. coli infection cases, Alberta does typically see dozens of illnesses linked to the bacteria every year.
- According to Alberta Health Services, there were about 60 reported E. coli infections province-wide last year. However, Glen Armstrong, a professor in the department of microbiology, immunology and infectious diseases at the University of Calgary, said he's seen up to 90 cases in the province in past years.

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Calgary's pricey parking rivals costs in New York City

Dubious distinction. Calgary's rates nearly double the $242 national average for monthly parking

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary remains — by far — the most expensive city in Canada to park your car, and industry insiders expect the city to hold that title well into the future.

Edmonton close behind

While Calgary remains the second priciest North American city to park after New York — with an average monthly cost of $456.75 — Edmonton wasn't far behind at $295, and both were above the national average of $241.72.

Ian MacCulloch, director of Canadian research for real-estate firm Colliers International, sees no price relief on the horizon for Calgarians — even after more than 2,000 Imperial Oil employees and their vehicles move from the company's downtown offices to new headquarters in Quarry Park, beginning in 2014.

"With the health of the office market in Calgary, those people will be backfilled in short order," said MacCulloch.

Colliers released its annual parking report on Tuesday, pegging the city's average monthly parking rate at $456.75, well ahead of Montreal's second-highest-in-Canada tally of $330.96.

In North America, Calgary's parking costs are second only to those of New York City.

Calgary Parking Authority general manager Troy McLeod doesn't expect Imperial Oil's move to significantly affect prices, either.

"We're still seeing a high demand for parking," he said.

Calgary ranks second in a recent survey of parking rates across North America, behind only New York City.
METRO FILE

Shawnee Slopes project gets 1st reading

Ald. Diane Colley-Urquhart speaks during a public hearing process that began on Monday and carried over until Tuesday at city council. ROBSON FLETCHER/METRO

City council's marathon public hearing over the controversial Shawnee Slopes development concluded Tuesday night, nearly 30 hours after it began, with aldermen approving the project in principle but putting off a final decision until January.

A parade of residents opposed to the project spent Tuesday afternoon and evening expressing their concerns to council.

After hearing them all, aldermen opted to give first reading to a bylaw approving the project, but deferred second and third readings until January pending further discussion between the developer, residents and city officials.

Ald. Diane Colley-Urquhart, who represents area residents, voted against the motion.

"Even the thought of giving something first reading, and to proceed on with the application as it is, to me doesn't recognize all the issues — the many, many issues — that the community has raised," she said.

Mayor Naheed Nenshi described the long and often-frustrating public hearing as democracy in action.

"As grumpy as some of us look … this is a really, really important part of what we do," he said.

ROBSON FLETCHER/METRO

For and against

- Supporters describe the roughly 1,500-home project as a progressive plan for a modern community that fits with Calgary's stated criteria for growth.
- The bulk of residents' opposition centres around concerns over traffic congestion and a lack of recreational space.

Mobile news

Man vs. bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

Photo: Scott Rowed

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Species survival

Calgary Zoo welcomes new giraffe

The Calgary Zoo has added a new member to their family following the arrival of a two-year-old male giraffe named Crosby. Crosby is a Masai giraffe from the Louisville Zoo who will be introduced to the zoo's 19-year-old female giraffe Carrie after a month-long quarantine and will eventually become Carrie's companion.

According to zoo officials, there are less than 150 Masai giraffes in captivity in the world, and the zoo has chosen to take part in this Species Survival Plan.

In total, 17 giraffes have been born at the Calgary Zoo over the years. METRO

Crosby, the latest addition to the Calgary Zoo, is a Masai giraffe like this one. CONTRIBUTED BY CALGARY ZOO

Annual immunization

New options for flu vaccinations

Alberta health officials say for the first time children will be able to get a seasonal flu vaccine through nasal spray instead of needles.

Children between two and 17 are eligible for FluMist, but those with respiratory problems such as asthma are advised to get the shot instead.

Alberta's Chief Medical Officer of Health, Dr. James Talbot, says studies show the spray is more effective for children.

But he says it's still best for adults to get injections.

The free vaccine will be available through public immunization clinics, some pharmacies and doctors' offices starting Oct. 15.

Talbot encourages everyone to get the vaccine but says it's most important for children six to 23 months, pregnant women, seniors and those with chronic medical conditions.

A government spokeswoman says Quebec is the only other province offering the nasal vaccine as part of its free flu campaign.

THE CANADIAN PRESS

Calgarians satisfied with police

Citizen survey. Illegal gang activity remains primary concern for local residents despite decrease in violence in recent years

Methodology

The Calgary Police Commission citizen survey was undertaken by Illumina Research Partners, which talked over the phone with 1,002 local residents this summer.

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Sitting on a busy bus or waiting in line at the coffee shop? Chances are, not one person around you takes issue with the job being done by city police, according to a new survey.

The Calgary Police Commission released findings of its annual citizen survey Tuesday that found 96 per cent of respondents are satisfied with the Calgary Police Service overall and 95 per cent believe Calgary is a safe city to live in.

"We are not going to take our foot off the gas," said police commission chair Mike Shaikh.

"We are very happy to see that Calgarians feel safe, that they are protected. My kudos go to the men and women who police our streets."

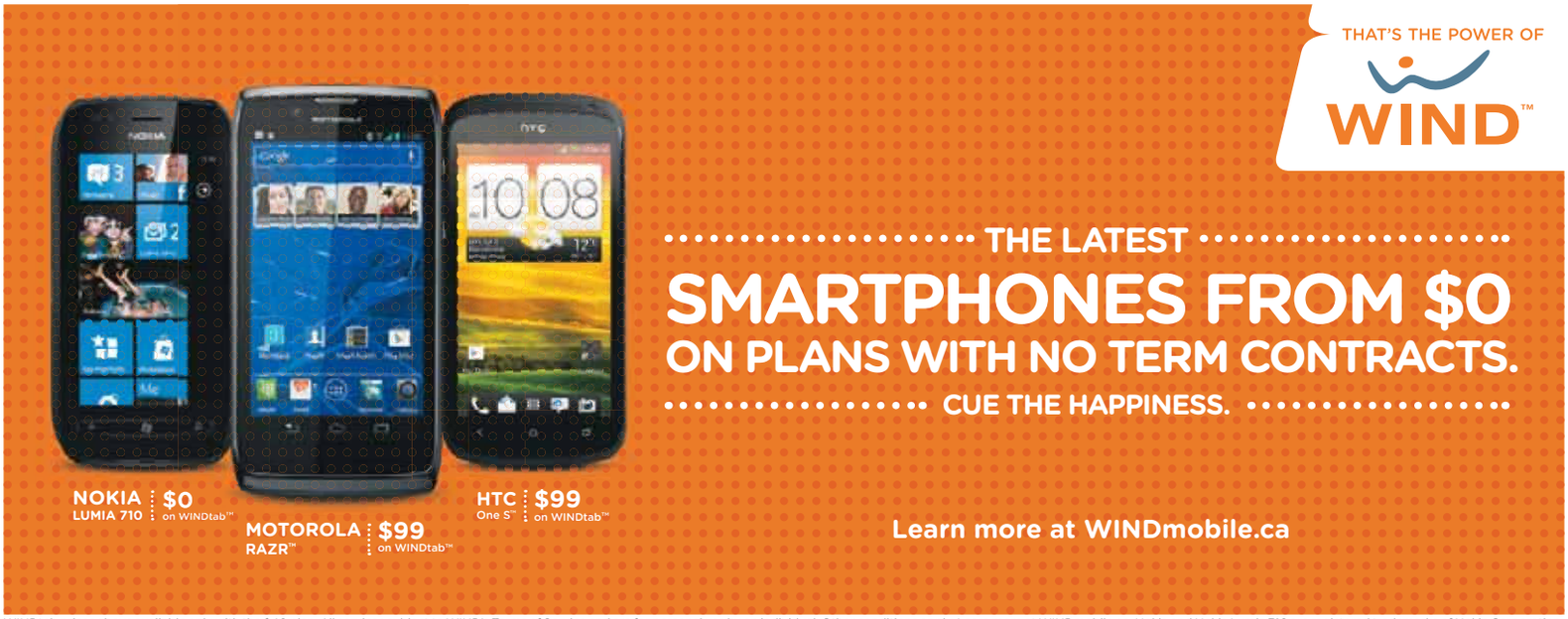
Unreported crimes were a concern outlined during discussion of last year's survey results. This year, 12 per cent of those surveyed reported being a victim of crime and 68 per cent of them said they reported the matter to police — up 10 per cent from the year prior.

"We need to keep making sure people feel comfortable coming to police," Shaikh said.

Boxed in

Calgary artist Daniel J. Kirk decorates the inside of a transparent box that will be his home all week. As part of a new project examining isolation, Kirk plans to spend the entire work week — from 9 a.m. on Monday, Oct. 1, to 5 p.m. on Friday, Oct. 5 — inside the cube-like structure on Stephen Avenue. He will go without food the entire time, surviving on just water. All he has with him is a portable septic system, a sleeping bag, art materials, a video camera and a lamp. The public is invited to observe and interact with Kirk through hand-written messages.

ROBSON FLETCHER/METRO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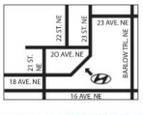

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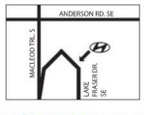

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Muslim website draws criticism

Controversy. Alberta civil-liberties group concerned over posting on local site about 'lightly hitting' disobedient wives

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Members of a Calgary Muslim association appear to have removed marital advice from a website that suggested "lightly hitting" one's wife in "extreme cases of disobedience" after a query about the content was made by Metro.

The Sept. 29 posting on muslimsofcalgary.ca appears to be an English-translated summary of two books written in Arabic by Sheikh Mohammed Abdelhaleem Hamed, titled How to Make Your Husband Happy and How to Make Your Wife Happy.

Metro inquired about the posting on the local website, which is registered to the Muslim Association of Calgary, over the weekend. By Monday, the content had been pared back and a section titled "Correcting Her Mistakes" had been removed entirely.

A person did respond to requests for comment Monday but declined to give his name or offer a rationale for posting the material.

"I don't know, it's volunteers who do this work.... Maybe you need to go re-read the article. If it's 99 per cent positive, why don't you just focus on the positive and just leave that one per cent?" the man said.

But Brian Seaman, a research associate with the Alberta Civil Liberties Research Centre, found the now-removed content troubling, specifically sections concerning examples of a wife's disobedient actions, including the frequent refusal of sexual intercourse without cause and constantly not praying on time.

"To advocate hitting somebody for disciplinary purposes — there's a lot wrong with that," Seaman said, before commending the site administrators for removing the post.

No response

Metro was asked to submit questions about the article posted to muslimsofcalgary.ca via email. We did so on Monday afternoon. Requests for aresponse, submitted via email and telephone, were not returned by press time on Tuesday.

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Olympic trip. Tories knew of no-cancellation hotel policy in London

Premier Alison Redford METRO FILE

Provincial officials knew when booking hotel rooms for a trip to the London Olympics that there would be a no-cancellation policy, a spokesperson with the Tourism Ministry said Tuesday.

Criticism from opposition parties and the Canadian Taxpayers Federation arose Monday after it was revealed that a six-day trip to the Games taken by Premier Alison Redford, two cabinet ministers, staff and a number of Alberta performers racked up a total bill in excess of $500,000.

Included in that was a roughly $113,000 charge for hotel rooms at the five-star Le Meridien Piccadilly that went unused after the province scaled back the size of its entourage in the face of weakening budget projections.

"Going in, we knew we had to pay up front, that there was a no-cancellation policy," said ministry spokesperson Katrina Bluetchen. "That was the norm for hotels operating in London around the time of the Olympics."

Ken Stewart with Calgary-based Crowfoot Travel Solutions said hotel no-cancellation policies are not unheard of.

"I'm guessing — but the policies were probably set up during the Olympics so they knew what they were going to have for availability," he said. JEREMY NOLAIS/METRO

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Schools boast upward trend in testing

Cathy Faber, CBE superintendent of learning innovation, announces results of 2011-12 provincial tests and diploma exams on Tuesday. CELESTE DE MUELENAERE/FOR METRO

Provincial assessments. Sciences still an area of focus for improvement

The Calgary Catholic School District (CCSD) and the Calgary Board of Education (CBE) both celebrated strong academic performances by their students after results of the 2011-12 provincial tests and exams were released Tuesday.

Noted results included Grade 12 CBE diploma students beating out the provincial averages in 10 of 11 subject categories at the standard of excellence.

CCSD students had a higher-than-provincial-average participation rate in nine of 11 diploma exams, with the highest standard-of-excellence percentage in biology.

But both school boards identified Grade 12 science as one area of focus for improvement in the coming year, as results indicated many students struggled to meet provincial averages in that subject category.

Pat Cochrane, CBE board of trustees chair, says she believes Calgary has "one of the best public-education systems in the world."

Naomi Johnson, CBE chief superintendent of schools, adds that the greatest measures of success are the decrease in dropout rates and the increase in high school completion rates — up 1.6 points from last year to 72.4 per cent.

It was a feat celebrated and shared by CCSD chief Supt. Gary Strother, who boasts an 80.4 per cent completion rate that is 6.3 per cent above the rest of the province.

The CCSD also notes its dropout rate, 1.5 per cent, was less than half the provincial rate of 3.2.

CELESTE DE MUELENAERE/FOR METRO

Vital Signs. Report finds Calgary residents are generally content

The report card is in, and Calgarians have given several aspects of life in Cowtown a passing grade.

The Calgary Foundation released its annual Vital Signs Report Tuesday and the results show that 90 per cent of Calgarians surveyed describe themselves as happy, the same as last year.

Overall, Calgarians gave a B to arts and culture, and safety in the city. They graded work a B+ and financial well-being a B-.

The area residents said what needed the most improvement was getting around, which received a C grade.

While many noted improvements in bike paths and increased transit service, suggested improvements included expansion of the LRT and a more affordable transit system.

According to the TomTom 2012 congestion index rankings of 26 North American cities, Calgary is 16th in terms of congestion, well below Los Angeles, Vancouver and Toronto, which are the top three respectively.

For the full Vital Signs Report, visit thecalgaryfoundation.org. METRO

Calgary has been given a B+ grade overall, according to the 2012 Vital Signs Report. METRO FILE

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Farmer eaten by his hogs

Mysterious death.
Only dentures and body pieces found as authorities investigate possible scenarios

This June photo shows hogs at a farm in Buckhart, Ill. An Oregon farmer was eaten by his swine, investigators say. M. SPENCER GREEN/THE ASSOCIATED PRESS FILE

Authorities are investigating how a U.S. farmer was eaten by his hogs.

Terry Vance Garner, 69, never returned after he set out to feed his animals last Wednesday on his Oregon farm, the Coos County district attorney said Monday.

A family member found Garner's dentures and pieces of his body in the hog enclosure several hours later, but most of his remains had been consumed, District Attorney Paul Frasier said. Several of the hogs weighed 700 pounds or more.

It's possible Garner had a medical emergency, such as a heart attack, or was knocked over by the animals, then killed and eaten, Frasier said, adding that at least one hog had previously bitten Garner.

The possibility of foul play is being investigated as well.

"For all we know, it was a horrific accident, but it's so doggone weird that we have to look at all possibilities," Frasier told a local newspaper.

A pathologist was unable to identify a cause or manner of death, the newspaper reported. The remains will be examined by a forensic anthropologist at the University of Oregon.

Terry Garner was "a good-hearted guy" who cared for several huge adult sows and a boar named Teddy, said his brother, Michael Garner, 75, of Myrtle Point.

"Those animals were his life," Michael Garner said. "He had all kinds of birds, and turkeys that ran all over the place. Everybody knew him."

Domestic hogs are not typically known to be as aggressive as their feral cousins, but "there is some degree of danger associated with any animal," John Killefer, who heads the Animal and Rangeland Sciences Department at Oregon State University in Corvallis, told the newspaper. THE ASSOCIATED PRESS

Dog trapped under a car for 17 km survives ruff ride

Animal-welfare authorities say a dog survived a 17-kilometre ride — at speeds of up to 80 km/h — after it was hit by a car and became wedged under its front grill. East Providence Animal Control supervisor William Muggle says the dog ran in front of the car in Massachusetts on Sept. 20. The driver slammed on the brakes, but didn't see the dog and continued driving. Muggle tells the Taunton Daily Gazette newspaper that another motorist finally pointed out the dog.

EAST PROVIDENCE ANIMAL CONTROL CENTER/THE ASSOCIATED PRESS

Dog days

Dog survives ride in sweltering heat

A dog has survived a 177-kilometre ride on the hot engine of a truck during a California heat wave. When Jaime Magalna, 52, noticed fur above his left front tire, he opened the hood to find a 25-pound dog atop the engine. The hunt is on for the dog's owner.
THE ASSOCIATED PRESS

Frostbitten

Veteran seeks $10M after penis amputation

A U.S. army veteran is seeking $10 million from the federal government, saying a nurse repeatedly put ice packs on his penis after surgery, causing frostbite and gangrene, and ultimately leading to the organ's partial amputation.

Michael D. Nash sued the federal government in U.S. District Court in Kentucky on Tuesday for what he calls medical malpractice.
THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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Justin throws his hat in

Yes, he's running.
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

It's a family affair: Justin Trudeau holds his son, Xavier, and wife Sophie Grégoire holds their daughter, Ella-Grace, amid the frenzy of the Montreal MP's leadership-bid announcement on Tuesday night. PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau is off and running.

He stepped out of his famous father's shadow Tuesday and revealed the worst-kept secret in Canadian politics — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," he told an ecstatic Montreal crowd.

But he faces a double-edged challenge:

He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

Trudeau told a crowd peppered with Liberal luminaries that he has a vision for Canada's future "grounded not in the politics of envy or mistrust." That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people.

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and personal debt.

"What's the response from the NDP? To sow regional resentment and blame the successful.

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said.

"The only thing they have in common is that they are both, equally, wrong."

The launch was partly a testament to Justin Trudeau's star power.

The community hall was filled to its 500-seat capacity and an overflow crowd jammed the hallway.

A number of former MPs — Don Boudria, Navdeep Bains, Pablo Rodriguez, Eleni Bakopanos — and at least one current MP, Massimo Pacetti, were among the adoring throng.

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

He'll kick things off in Calgary and then go to Richmond, B.C. THE CANADIAN PRESS

Quoted

"I think Justin has a lot to offer the country."

Gerard Kennedy, who himself is still pondering whether he'll take a second run at becoming federal Liberal leader.

Lineage

Following in his dad's footsteps

Justin Trudeau has been in the public eye since he was born on Christmas Day, 1971.

As a child, he travelled the country and the world with famous father Pierre, then prime minister.

Justin was a school teacher before jumping into politics in 2008.

He eschewed offers to run in Montreal's Outremont riding — now held by NDP Leader Tom Mulcair — choosing instead to fight a contested nomination in Papineau, among the poorest ridings in the country.

He defeated a star Bloquiste in 2008 and bucked the NDP tide that swept Quebec in 2011.

In Liberal circles, he is a rock star. He boasts 150,000 Twitter followers.

He chose to make his announcement on Tuesday because it would have been the 37th birthday of his late brother Michel, a skier who was killed in an avalanche in 1998. THE CANADIAN PRESS

Women disappointed

Court's new man is a gender jolt

Justice Richard Wagner of the Quebec Court of Appeal was lauded Tuesday as a worthy addition to the Supreme Court of Canada, with one reservation in some quarters — he's not a woman.

Wagner's appointment Tuesday reduced to three the number of women on the nine-member court.

NDP justice critic Francoise Boivin was disappointed a woman was not tapped. And Queen's University law professor Kathleen Lahey said: "This is the 21st century." THE CANADIAN PRESS

Vita under siege. Wildfires destroy homes, force evacuations in Manitoba

Communities across southern Manitoba were left scrambling Tuesday by wildfires that destroyed homes and forced evacuations.

About 350 homes in the small community of Vita were cleared out in the early afternoon.

Four homes in the area were destroyed, along with a bridge that provided access to the town from the west side, but there were no reports of injuries.

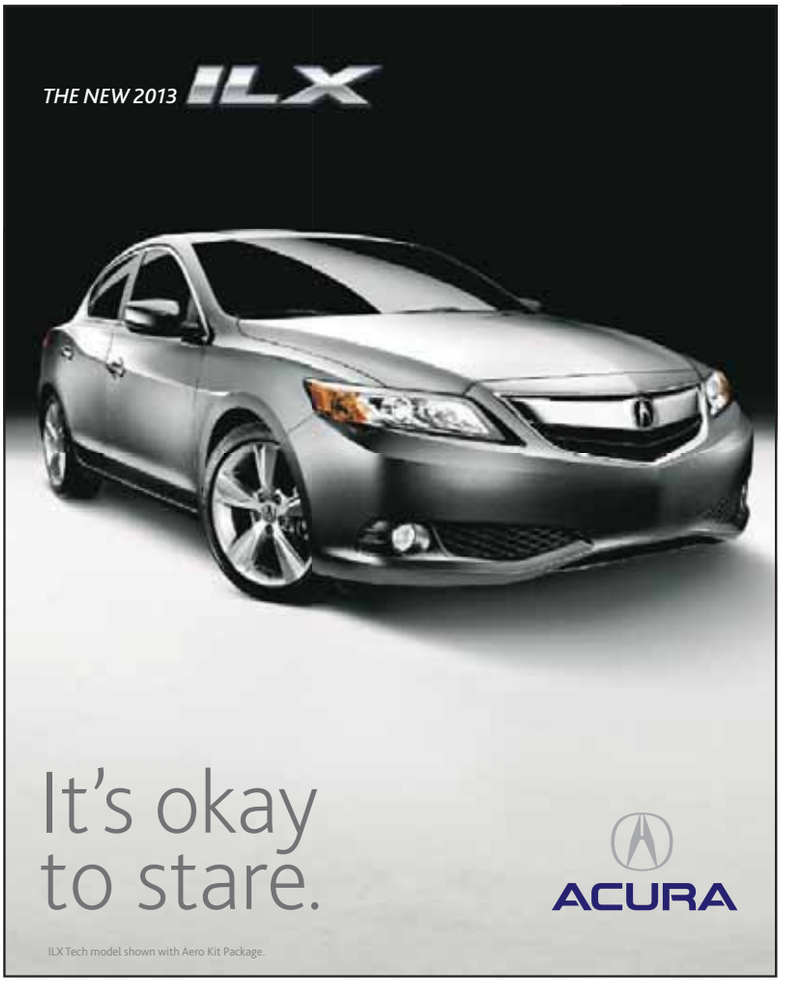
By supper time, residents were being allowed back into Vita, but an evacuation order was still in effect for about 50 homes in Ross, Man., and 20 homes southeast of Vita.

Chuck Sanderson, executive director of the Manitoba Emergency Measures Association, said the fire situation around Vita was stabilizing. THE CANADIAN PRESS

By the numbers

47

The number of residents of a Vita seniors home who were transported to a Mennonite church in Steinbach at the height of the southern Manitoba fire scare.



Churches launch 'souls to polls' to rally voters

It's not just the collection plate that's getting passed around at hundreds of mainly African-American and Latino churches in U.S. battleground states ahead of the November presidential election.

Church leaders are distributing voter registration cards in the middle of services, and many are pledging caravans of "souls to the polls" to deliver the vote in a close race between President Barack Obama, the country's first black president, and Republican challenger Mitt Romney.

Activists worry that new election rules in some states, from tougher photo identification requirements to fewer days of early voting, are unfairly targeting minority voters — specifically African-Americans who tend to vote heavily for Democrats.

"It has ignited a sense of urgency and collective power that we can take by engaging in the process," said the Rev. Dawn Riley Duval at the Shorter Community A.M.E. Church in Denver. Colorado is one of the nine key states that doesn't reliably vote Democrat or Republican and will determine the election.

Minority vote

- In 2008, Obama won 95 per cent of black voters and is likely to get an overwhelming majority again. He also won among Latinos, a rapidly growing constituency that also tilts heavily toward the Democrat in polls this year.
- In many states with early voting, the Sunday before Election Day in 2008 was a church-based political event in which minority congregations went en masse to polling places. In Florida, 33.2 per cent of all African-American voters and 23.6 per cent of Latino voters cast ballots.

In the biggest of the battleground states like Florida and Ohio, proponents of the new election rules deny they are aimed at suppressing the minority vote in hopes of helping Republicans win more races. Reasons for the rules vary between fighting fraud and purging ineligible voters.

But to some African-American leaders like the Rev. F.E. Perry, a bishop in Ohio's Church of God in Christ, it's as if the 1960s barriers to voting for many blacks, especially in southern states, have returned all over again.

"We've come too far to sit idly by and watch that happen," Perry said. "We want to get souls to the polls. Whatever it takes to get them there, that's what we're going to do."

In a close race, a state such as Florida — where a mere 537 votes decided the 2000 contest between Republican George W. Bush and Democrat Al Gore — could prove decisive.

One organization, the faith-based PICO National Network, staged a Let My People Vote Sunday in September in which 300 churches around the country held voter-registration drives during services and recruited churchgoers to go out and register even more people. The goal was to sign up around 75,000 people, PICO policy director Gordon Whitman said.

THE ASSOCIATED PRESS

A volunteer prepares labels Tuesday for seats in the debate hall ahead of the U.S. presidential debate at the University of Denver in Denver. President Barack Obama and Republican presidential candidate Mitt Romney will hold their first debate Wednesday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Romney looks to turn tide against Obama

Heated battle.

Significant Hispanic population could determine who wins in battleground Colorado

Republican challenger Mitt Romney prepared in seclusion Tuesday for his first debate against U.S. President Barack Obama, badly needing a stellar performance Wednesday to turn the tide of polling before the Nov. 6 election.

Obama leads in many of the nine battleground states that will decide the election, and all but two of those states have early voting, meaning more people are already locking in their votes every day.

Neither candidate had public events Tuesday as they studied for a debate that will focus largely on the economy and other domestic issues.

Romney contends his top issue is strengthening the U.S. economy and creating jobs, issues that are most important among voters. But the former Massachusetts governor is also attacking Obama on foreign policy after Muslim anger over an amateur anti-Islam film made in the U.S. sparked violent attacks on U.S. diplomatic missions.

Though Romney's campaign once talked about nothing but the still-weak economy, the multimillionaire businessman recently has turned to other subjects, including wealth distribution, as he has looked for any chance to gain ground.

Obama's top advisers are focused on helping the president trim his often-lengthy explanations. Equally important is coaching Obama to look calm and presidential during an expected onslaught of criticism from Romney.

THE ASSOCIATED PRESS

Secretly taped video

"Sometimes the point doesn't get made the right way."

Rep. Paul Ryan, Mitt Romney's running mate, when asked about the video released last month of Romney telling donors that he would never persuade the 47 per cent of Americans who support Obama to "take responsibility" for their lives.

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As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

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Melissa Ann Weeks leaves a Cape Breton regional police vehicle escorted by Const. Erin Donovan for a court appearance at the Sydney Justice Centre Tuesday. VAUGHAN MERCHANT/THE CANADIAN PRESS

Police arrest infamous 'Internet Black Widow'

Attempted murder charge. Cape Breton woman arrested after her husband suddenly became ill; previous charges include theft and manslaughter

Police in Cape Breton have charged a 77-year-old woman infamously known as the "Internet Black Widow" with attempted murder after her husband suddenly became ill.

Melissa Ann Weeks of New Glasgow, N.S., is also charged with administering a noxious thing.

Investigators say the accused's 75-year-old husband was taken to hospital in Sydney, N.S., on the weekend after falling ill at an inn.

They arrested a woman following an investigation into the health of the New Glasgow man who police say has since been treated and released.

Weeks is due in Sydney provincial court later today.

Weeks was sentenced in 2005 to five years in prison on seven counts of theft from a man in Florida she had met online.

Investigators in that case said she stole about $20,000 US from Alexander Strategos.

In 2001, she was convicted of manslaughter in the death of her husband, Gordon Stewart, who she had drugged and run over twice with a car in 1991 outside Halifax.

She served two years of a six-year sentence for that crime. THE CANADIAN PRESS

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Pope's former butler says he's innocent of theft

Leaked documents. Accused says he was inspired by the Holy Spirit to expose 'evil and corruption' in the Catholic Church

Paolo Gabriele
THE ASSOCIATED PRESS

Pope Benedict XVI's one-time butler declared Tuesday he was innocent of a charge of aggravated theft of the Pope's private correspondence, but acknowledged he photocopied the papers and said he feels guilty that he betrayed the trust of the pontiff he loves like a father.

Paolo Gabriele took the stand Tuesday in a Vatican courtroom to defend himself against accusations of his role in one of the most damaging scandals of Benedict's pontificate.

Prosecutors say Gabriele stole the Pope's letters and documents alleging power struggles and corruption inside the Vatican and leaked them to a journalist in an unprecedented papal security breach.

Gabriele faces four years in prison if he is found guilty, although most Vatican watchers expect he will receive a papal pardon if he is convicted.

During Tuesday's hearing, Gabriele's attorney complained that her client spent his first 20 days in Vatican detention in a room so small he couldn't stretch his arms out and with lights kept on 24 hours a day.

Vatican police swiftly defended their treatment of Gabriele, but the Vatican prosecutor opened an investigation regardless.

Prosecutors have said Gabriele, 46, has confessed to leaking copies of the documents to Italian journalist Gianluigi Nuzzi, because he wanted to expose the "evil and corruption" in the church.

They quoted him as saying in a June 5 interrogation that even though he knew taking the documents was wrong, he felt inspired by the Holy Spirit "to bring the church back on the right track."

THE ASSOCIATED PRESS

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Police arrest 7 crew members after Hong Kong boat crash

Relatives of the victims throw paper money on Tuesday as they pay tribute to the ill-fated people aboard a boat that sank Monday night near Lamma Island, off the coast of Hong Kong Island, killing at least 38 people. VINCENT YU/THE ASSOCIATED PRESS

Mourning. Dozens of relatives travelled by boat to pray alongside Taoist priests and toss spirit money into wind

Police arrested seven crew members Tuesday from two boats that collided in Hong Kong waters, killing 38 holiday revellers, but offered no theory about how the vessels ran into each other on a clear night in one of the safest and most regulated waterways in Asia.

The Monday-night crash was Hong Kong's deadliest accident in more than 15 years, and its worst maritime accident in more than 40.

Some relatives of the dead went to the scene off Hong Kong island's southwestern coast to participate in traditional Chinese mourning rituals on Tuesday, while others waited at the morgue for news about loved ones.

Police Commissioner Tsang Wai-hung said six people were detained on suspicion of endangering passengers by operating their craft in an unsafe way. Police later announced a seventh arrest. Tsang said both crews are suspected of having not "exercised the care required of them by law," but he did not elaborate.

The ferry collided with the Lamma IV, which is owned by the Hong Kong Electric Co. utility and was taking more than 100 employees and their families to famed Victoria Harbor to watch a fireworks display in celebration of China's National Day and mid-autumn festival.

The government said 101 people were sent to hospitals, 66 were discharged, and four had serious injuries or were in critical condition.

The ferry was damaged but completed its journey, and some of its passengers were treated for injuries. Local TV later showed its bow chewed up and chunks missing.

Hong Kong and Kowloon (Ferry) Holdings Ltd., the ferry operator, did not return calls seeking comment.

The government said 28 bodies were recovered overnight, and eight more people were declared dead at hospitals. Two bodies found aboard the vessel Tuesday raised the death toll to 38, according to government statements. At least four of those killed were children.

Salvage crews raised the half-submerged Lamma IV using three crane barges.

Victor Li, deputy head of the company that owns Power Assets, said the company would provide emergency payments of 200,000 Hong Kong dollars ($25,380) to the family of each person killed. THE ASSOCIATED PRESS

Context

- Large-scale accidents are rare for Hong Kong, which has one of Asia's most advanced infrastructures and first-rate public services.

Libya

Security request was denied: Congress

U.S. diplomats in Libya made repeated requests for increased security for the consulate in Benghazi before it was attacked last month, but they were turned down by officials in Washington, leaders of a Congressional committee said Tuesday.

In a letter to U.S. Secretary of State Hillary Rodham Clinton, Reps. Darrell Issa and Jason Chaffetz said their information came from "individuals with direct knowledge of events in Libya."

The two Republicans said the Sept. 11 attack that killed Ambassador Chris Stevens and three other Americans was the latest in a long line of attacks on Western diplomats and officials in Libya in recent months.

Stevens was the first sitting U.S. ambassador to be killed in more than 30 years. The attack came amid protests across the Muslim world over an amateur anti-Islam video produced in the U.S.

The lawmakers plan a hearing of their House Oversight and Government Reform Committee on Oct. 10. THE ASSOCIATED PRESS

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Vancouver man pleads guilty to bestiality

No jail time. The 38-year-old man has been an outspoken advocate for decriminalization

PHYLICIA TORREVILLAS
Metro in Vancouver

A Vancouver man has avoided jail time after pleading guilty Tuesday to a bestiality charge for having sex with his two dogs.

Brian Cutteridge, 38, was handed a suspended sentence and three years probation.

The former veterinary office worker is to provide a list of all animals he owns, to allow the B.C. SPCA to come to his home for monthly inspections. Hey may not own, possess or care for any female dogs.

Brian Cutteridge and one of his dogs. He pleaded guilty to a single charge of bestiality on Tuesday. FACEBOOK.COM

The offence relates to multiple incidents of sexual activity involving two female dogs, a Rottweiler and a golden retriever, from 1998 to 2005.

"We're definitely pleased that he pled guilty because he has been outspoken in his support of decriminalizing bestiality," said Marcie Moriarty, head of the B.C. SPCA's cruelty investigations department.

But Moriarty feels that the sentence is a "little light."

Cutteridge was arrested in July 2010 after the B.C. SPCA and RCMP searched his home where they found and seized video of Cutteridge engaging in sexual acts with two dogs that have since died from unrelated causes.

The investigation into Cutteridge's alleged activities began in 2010 after authorities were tipped off by a veterinarian concerned about the physical condition of another dog he owned.

Having a whale of a time

Olympic College art students Justine McNeal and Max Greene weave plastic bags into a mesh frame to create an 18-foot baby grey whale on Monday. The Whale Project opens at the Washington State school on Thursday and runs the entire month of October. THE ASSOCIATED PRESS

Road-rage cabbie jailed

A judge sentenced a former Toronto cab driver Tuesday to two years less a day in jail for mangling the leg of a cyclist during a late-night road rage dispute.

Earlier this year, Justice John McMahon found Sultan Ahmed showed a "wanton or reckless disregard" for the safety and life of the cyclist as he convicted him of criminal negligence causing bodily harm.

The Ontario Superior Court judge also found Ahmed guilty of failing to remain at an accident after hitting cyclist Krzysztof (Chris) Kasztelewicz.

TORSTAR NEWS SERVICE

Most valuable brands

BlackBerry sinks to No. 93 in global brand ranking

The BlackBerry brand that once dominated the smartphone landscape has plummeted nearly to the bottom of the latest ranking of global brands by an international consultancy. Interbrand said that Research In Motion's BlackBerry is now 93rd on its list of 100 most valuable global brands, down from 56th in 2011.

The top three spots on Interbrand's Best Global Brands report for 2012 are held by Coca-Cola, valued at almost $78 billion; Apple at more than $76 billion; and IBM at more than $75 billion. THE CANADIAN PRESS

Market Minute

DOLLAR
101.60¢
(-0.16¢)

TSX
12,391.23 (+21.04)

OIL
$91.89 US (-$0.59)

GOLD
$1,775.60 US (-$7.70)

Natural gas: $3.52 (+0.04¢)
Dow Jones: 13,482.36 (-32.75)

Fish-tracing website looks to expand beyond Canada

Sustainability.
Service lets consumers find out who caught their dinner and how

An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace the fish they buy back to the people who caught them is preparing for a global presence.
JONATHAN HAYWARD/THE CANADIAN PRESS

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed on both coasts, she says.

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer. Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish. THE CANADIAN PRESS

Quoted

"There's more and more requirements by consumers to know exactly where their fish comes from.... They really want to know what kind of fishery it is."

Dan Edwards, a commercial fisherman from Ucluelet, B.C., who has been involved in the Thisfish program since 2007

GOOD NEWS TODAY

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HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?

JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

Instead of alternating male names with female names, TWC will name winter storms after mythological figures, starting with Athena, Brutus and Caesar. Too bad it's alphabetical, because if Brutus could follow Caesar, weather nerds could amuse themselves by arching their eyebrows and declaring "Et tu, Brute" ad nauseam. (Excuse the Latin blizzard.)

I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather-nerd market, everyone else — which is to say, TWC's annoying competitor, Accuweather — will have to follow TWC's lead. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoop Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV-weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth), which would mean we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minn. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, when, in certain parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.

Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?

KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal-rights group Born Free USA, told Metro.

"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger." METRO

Jeff Harwell with Akasha.
CONTRIBUTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

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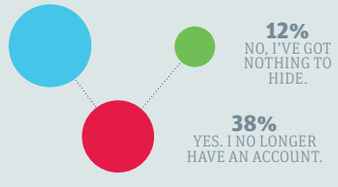
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Twitter

@DustinMorris13:
The designer #sars masks are making a comeback in #yyc Seriously??

@pegs_76:
I just love listening to a crying baby in the morning don't you? #yyctransit

@AlliSayles:
Wearing bright colours on this cold, rainy, potentially s-wordy day in #yyc to brighten it up and make myself smile. Today will be good!

@kelleyskar:
If I had to drive #yyc rush hour everyday, I'd be in a mental institution inside of 3 months

@littlemissmocha:
May see a few snowflakes this week. 7yo is so excited - jumping up and down. The boy is in the right city. #yyc

metro

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Liam Neeson gets big bucks these days with roles like in Taken 2, but prior to killing bad guys, he showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do, "what I do best," which, apparently, is wallop bad guys, grimace and leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?,'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977s Pilgrim's Progress, was so low budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

SCENE 2

On the web

Qriket

Norah O'Donnell tries to make the most of her mornings on CBS

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Quvenzhane Wallis portrays Hushpuppy in Beasts of the Southern Wild. JESS PINKHAM/THE ASSOCIATED PRESS

Beasts of the Southern Wild deemed unfit for SAG awards

Indie film. Sundance winner ineligible after SAG rules they did not meet their financial standards

Quote

"We would love for the performers in this film to compete for a SAG Award."

Pamela Greenwalt, guild spokeswoman

The independent-film hit Beasts of the Southern Wild will be ineligible for the Screen Actors Guild Awards because it was not made under provisions of the union's contracts, guild officials said Monday.

The producers have until Oct. 25 to bring the film into guild compliance to become eligible for the awards, though that likely would mean paying the actors more money.

A spokesman for Fox Searchlight, which released the film domestically, said the company would not try to bring Beasts in line with SAG contract rules to qualify for the awards.

"We're baffled at the fact that the producers of Beasts of the Southern Wild failed to sign a SAG agreement as every other important film released this year did," said guild spokeswoman Pamela Greenwalt in a statement. "We would love for the performers in this film to compete for a SAG Award. Celebrating such performances is what we're all about."

Director Benh Zeitlin cast locals in his film set in rural Louisiana, including his two stars, both a pair of first-time actors Quvenzhane Wallis as a six-year-old wild child, and Dwight Henry as her father.

Beasts won top honours at the Sundance Film Festival, so sitting out the Jan. 27 SAG Awards will not necessarily hurt its Academy Awards prospects but it won't help either.

THE ASSOCIATED PRESS

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Classic rock sensibility

Say I wanna know. Young musician Nick Waterhouse's style hails back to the '50s but he's hitting a chord today with his timeless songs

AMBER RAY
Metro World News in New York

Rhythm and blues throwback Nick Waterhouse's Say I Wanna Know — in heavy primetime rotation courtesy of an Acura commercial — could easily be mistaken as a lost gem of the 1950s. The slinky, horn-driven track is attention-grabbing in its uniqueness circa 2012, just as Waterhouse's penchant for Brooks Brothers shirts and horn-rimmed glasses makes him an anomaly in an era when CEOs wear Chuck Taylors and hoodies to the office.

"I guess it's like white blood cells — all of a sudden, people really notice that you stick out like a sore thumb," the Los Angeles singer says of the soulful, rock-and-stomp sound found on his debut album, Time's All Gone, released in May. "I'm just doing the same thing that Muddy Waters was doing to blues or Van Morrison was doing to soul or Elvis Costello was doing to classic pop. [The influences] filter through you and turn out a slightly different way, but you definitely hear traces of everything in there."

Waterhouse says he has "kind of always been the thumb" — "I don't really know another way," he admits — ignoring music trends in favor of learning everything he could about early rock 'n' roll, soul and jazz. (A little punk rock was thrown in there too, courtesy of his dad's Black Flag cassettes.)

"I was always really curious. I was kind of a bookworm kid," the 26-year-old explains. "I liked reading and researching, but it wasn't research to me, it was just trying to quench the really deep desire to understand the world around me."

Everything began to make a little more sense with his mom's Van Morrison records playing in the background.

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing," says Waterhouse, who picked up trumpet in third grade before switching to guitar, which he continues to study and play today like a mad genius. "I could have maybe been really into something else, but I don't know," he adds. "This is just how it turned out."

Nick Waterhouse looks like Buddy Holly but his timeless music has hit the high notes with fans. HANDOUT

On his terms

- **Breaking free.** After spending his early 20s in a string of dead-end jobs and no-good relationships, Nick Waterhouse turned to music and decided to record the album he wanted, on his terms. "I spent maybe a decade of my life being afraid of [pursuing what I really wanted]. ['Time's All Gone' is] a leap of faith record, where I was like, 'Man, I'm just gonna do this and, you know, f— it,' Waterhouse says. "I didn't care about being judged anymore."

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This ain't no Swiffer ad

One of the most commercially enduring bands in history is back with a deeper message.

- **Starstruck.** This year saw Heart issue a massive anthology, Strange Euphoria, and a biography, Kicking and Dreaming: A Story of Heart, Soul and Rock and Roll. Plus, just two days before Metro spoke with Wilson, Heart got a star on the Hollywood Walk of Fame.

A change of heart

Fanatic. New record is full of opinions, not just slow dances — and the songs don't complement stir-ups and a can of hairspray unless you want them to

LINDA LABAN
scene@metronews.ca

Ann Wilson is struggling for words to describe the emotional pull she felt while making Heart's brand new album Fanatic. Even after 14 studio albums, the singer wasn't phoning it in.

"Ahh," she sighs. "This one really took all of me. I felt like I'd been struck by lightning by the time it was finished."

The passion is palpable from the get-go as the forceful title track barrels out on sister Nancy's fierce guitar riffs and Wilson's banshee wail makes what's either a band statement or social commentary: "Don't try and tell me the world is changing/Heart's getting stupid," she sings.

"It's definitely us contemplating," she says. "We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a very great idea."

Wilson is talking deep stuff.

"Committed stuff, sure," she says. "We've got opinions. It's not just a bunch of slow dances."

The album, however, does slow for Walkin' Good, a lovely duet between Nancy and Canadian singer Sarah McLachlan, whom the Seattle rockers met playing McLachlan's femme-fronted music festival, Lilith Fair, last year. "We met so many great women," says Wilson, before adding that she doesn't delineate music by gender.

"Is it Best Male Guitarist and Best Female Guitarist? Or is it Best Guitarist," she proposes. "That's the list I'd like to see."

Nancy, left, and Ann Wilson of Heart. To date, Heart has sold over 30 million records worldwide. GETTY IMAGES

ISTOCKPHOTO/THINKSTOCK

FLICKR/CREATIVE COMMONS/MATT SHARPE

5 FABULOUS CITIES TO VISIT

Take a walk on the wild side … in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you are into French hip hop, dance clubs or live indie rock, Montreal after dark is the place to be. Head over to SAT, a slick warehouse and new media space for DJs and performance artists, Le Social, a bohemian hangout in a 19th-century mansion, or La Sala Rossa, a performance hall for touring bands. And check the paper because depending on where you are in the city, entire blocks are often closed to traffic for free concerts. Find your peeps, settle in — and let loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's nightlife is filled with wild abandon and contagious energy … people are jammed into cafés and underground bars that are spinning tunes and fun well beyond dawn. What makes it especially electrifying is all of this is happening amidst historical remnants (the German capital staged a revolution, was headquartered by Fascists and bombed to bits in the 20th century). All you have to do is surrender to the blissed-out haze of beats and booze …

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi Beach, which is just several kilometres from the city centre. Dunk yourself into the consistently great foaming swells for a rough-and-tumble swim (the average water temperature is 21 C). The beach is always swarming, there's lots happening in street cafés, and there are also salt-water sea baths at either end of the beach.

PUSHING BOUNDARIES: EDGY CAMDEN TOWN IN LONDON

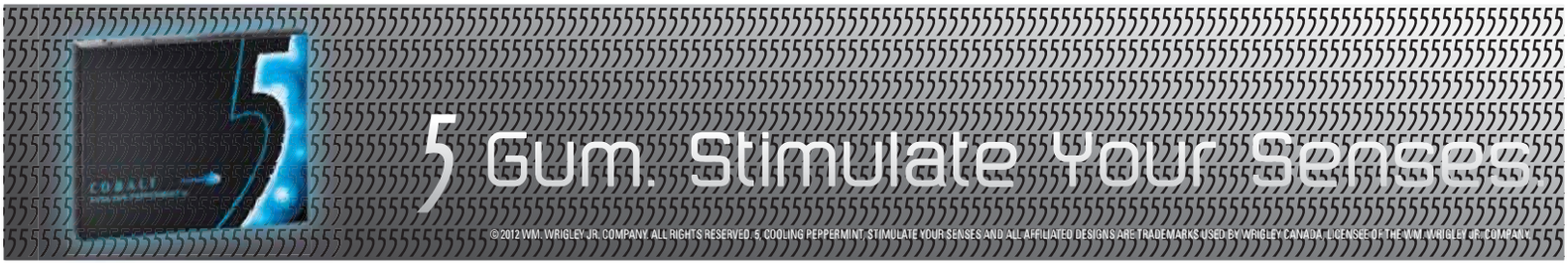
Camden Town is where it's happening in London, England. This area has been the centre of alternative culture since the '60s, and today it's a grungy paradise for Goths, punks and everyone in between. Check out the world-famous Camden Market for one-off clothing finds as well as lots of food stalls from around the world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most exotic places to feel the power of the wind as it propels you across the water on a kite board is Dakhla. This western Sahara Desert town is one of the world's greatest wind — and kite-board surfing destinations! It's located on a narrow 48-kilometre long peninsula that stretches into the Atlantic Ocean and creates a huge lagoon. It's in that sandy lagoon where beginners and pros celebrate constant winds all year, flat water, great weather and lots of space. Grab your boards and go.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

FLICKR/CREATIVE COMMONS/MICHAEL ZIMMER



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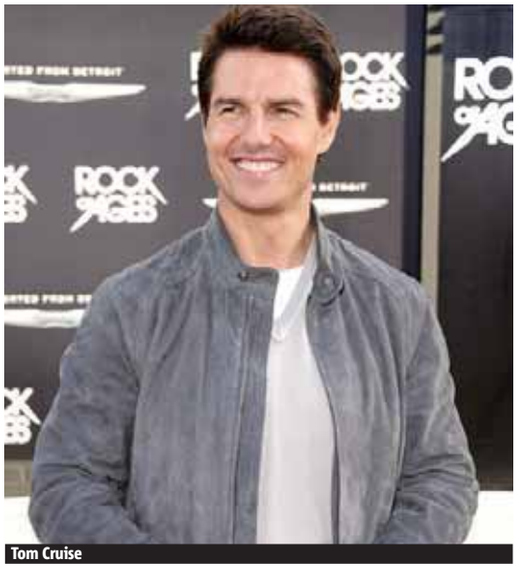

Tom Cruise

Special Scientology treatment for Cruise

Some members of the Church of Scientology are bristling at the special treatment they believe Tom Cruise is receiving in the wake of his split from Katie Holmes, according to Radar Online. "They have bent the rules or Tom. If Tom was any other Scientologist — including lesser celebrities — he would not be allowed to continue seeing and maintaining communication with Katie or Suri," former Celebrity Center president Nancy Many tells the website. "When every other person that I have known of leaves Scientology, which Katie did without speaking of it directly, they are instantly shunned."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kardashian and Lopez to be hosts of X Factor

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the Kardashian cabal (heads up: Don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.

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MONDAY, OCTOBER 8, 2012
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Qriket

New Travel Channel show goes behind the scenes at Miami International Airport

Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. ET/PT on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca

5 Places to bust the stress

SHAYAN/FLICKR

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.

COLROS/FLICKR

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.

SATORU KIKUCHI/FLICKR

ALOHAMAMMA/FLICKR

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea.

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an otherworldly experience.

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Visit Estoril the way 007 would

Where it all began. Ahead of Bond Day and Skyfall, we take you to the spot that inspired Ian Fleming to create the famous agent

CÉLIA PEDROSO
life@metronews.ca

José Diogo and the 007 Martini. CONTRIBUTED

Ian Fleming's police form, required to be filled out by all guests. CONTRIBUTED

During the Second World War, royals, spies and refugees flocked to Lisbon in search of a safe haven, many en route to the United States, as Portugal was neutral. Others were on intelligence missions, like authors Graham Greene and Ian Fleming, the creator of James Bond.

The sunny weather of Estoril, a seaside resort 20 minutes from Lisbon, was the draw. The Allies would prefer Hotel Palácio, the only five-starred spot at the time, while Germans would go to the nearby hotel Parque and to Atlântico.

José Diogo, aged 62, has been working in the Palácio since he was 14 years old. He heard many of his experienced colleagues speaking of those spy years, namely about Ian Fleming. "He stayed here in May of 1941. He was in the Naval Intelligence and registered here as a government official, as the police form shows," he says, showing me proof.

It is not known if he presented himself as "Fleming, Ian Fleming" but Diogo remembers being told how much he loved the dry martini at the bar — now known as Spies Bar — by the head barman: "He loved to have drinks with Popov, a Serbian spy, also known as Tricycle, maybe for being a triple agent or for being always with two girls...," says Diogo. Champagne would also flow, "namely if the Allies won a battle."

It was the called "champagne news service," as both Allies and Nazis would be plotting in the bar. The 007 Martini is still a top choice at the Palácio bar, made with gin and Lillet vermouth.

With Popov, Fleming would go to the Casino Estoril, nowadays the biggest casino in Europe. Portuguese lawyer José António Barreiros, author of the book 007 Fleming, writes that Ian was in Estoril with John Godfrey, then head of Naval Intelligence Divison. The baccarat nights in the casino took place with Portuguese players but Fleming imagined them as being Germans and thus came the inspiration for his first Bond novel, Casino Royale.

José Diogo, who worked as an extra in On Her Majesty's Secret Service, a Bond movie with George Lazenby, in 1968, shot in Estoril, has no doubts: "His experience with Popov and the spies here definitely inspired him for his character."

Go — and maybe it'll inspire you. Global James Bond Day is October 5th. The new film, Skyfall, hits theatres in November.

Hotel Palácio, where Ian Fleming stayed. CONTRIBUTED

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Slow down and enjoy the view on a train ride through the wilds

Jasper. A 1,000-kilometre journey features stops in ski towns, boating spots and even some great shopping

THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes and rivers, punctuated by little railway towns.

I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else. I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor. Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.

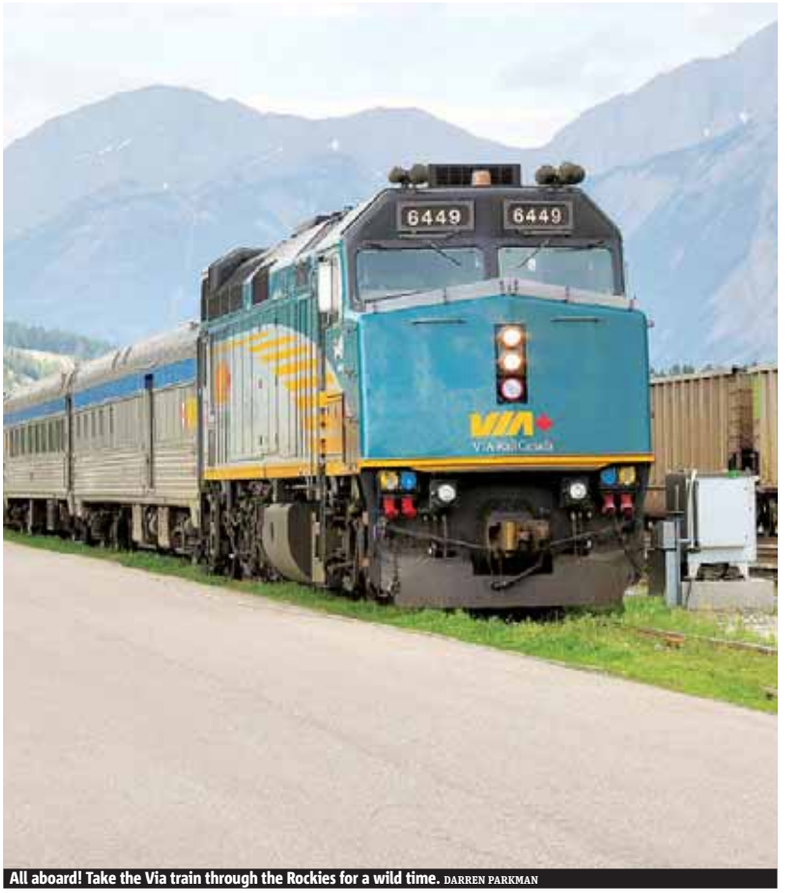
After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a track-side field.

Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

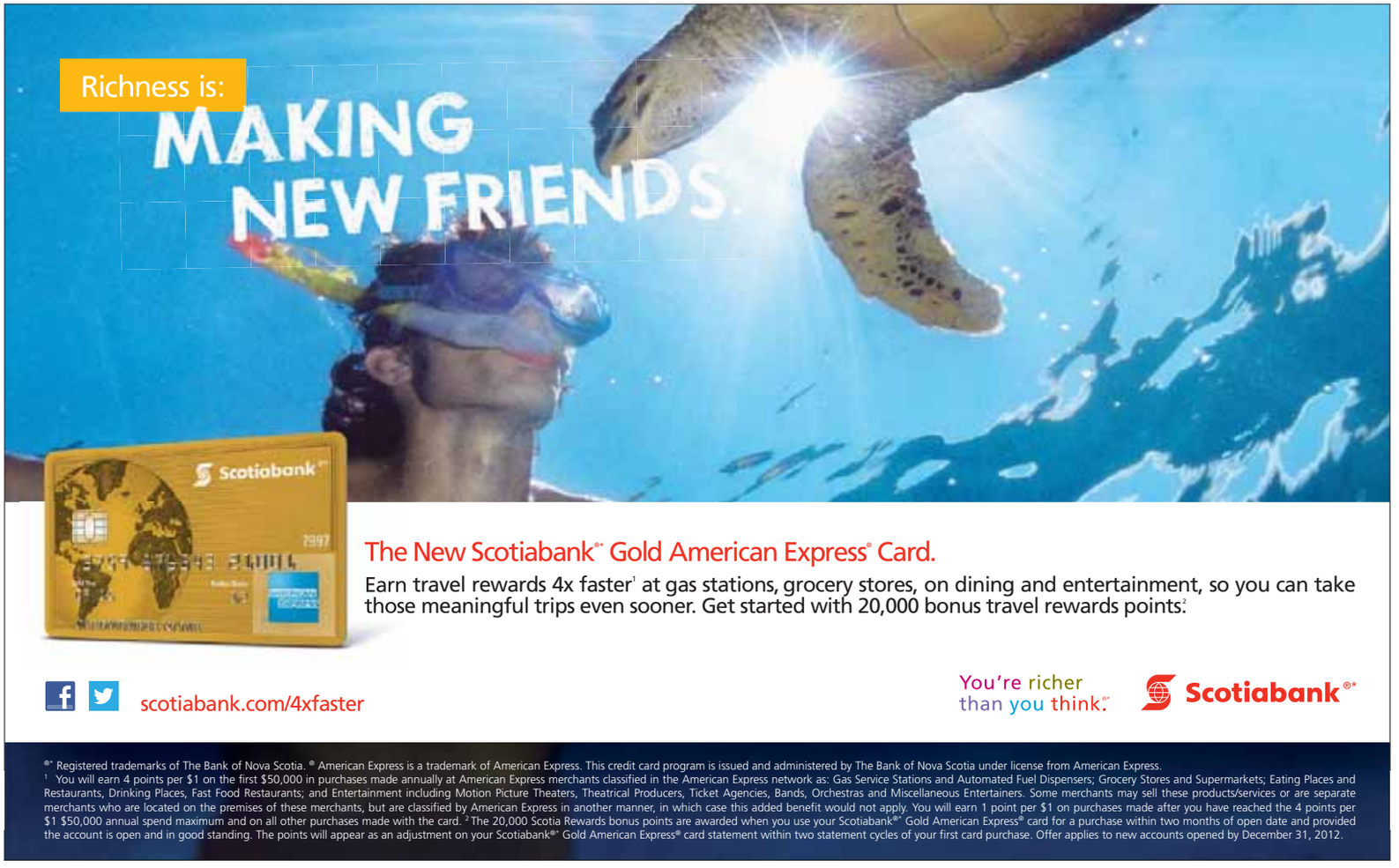
You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.

Other cool things to do ...

- **Jetboating in Terrace.** Take a high-speed jet boat tour on the Skeena river. There's also great salmon fishing from spring through fall.
- **Ski Hundons Bay Mountain in Smithers.** Three great lifts with runs for the novice to the expert. Located just 20 minutes from downtown.



All aboard! Take the Via train through the Rockies for a wild time. DARREN PARKMAN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Get your hockey fix in the birthplace of the sport — Montreal

Cure for a lockout.
Home of the Habs echoes with the ghosts of puck glories past

It's considered by many as the cradle of modern hockey — a city that hosted the first-known organized match, witnessed the creation of the National Hockey League and cheered as local teams captured 41 Stanley Cups including the very first one.

All this would make Montreal an ideal tourist destination for hockey-starved fans this year as a lockout threatens the NHL season. The city's landscape, however, offers few hints to the local role in shaping what has become a national pastime and world-class sport.

The key is knowing where to look. Decades of urban redevelopment and a shortage of historical markers have left few hints of Montreal's place in hockey lore.

Gone are the city's old hockey barns, arenas that helped craft the game's modern rules and housed several different Montreal clubs on their path to dozens of Stanley Cup titles.

Today, fabled sites like these have since been transformed into new uses: a grocery store, a movie theatre and a even a multi-level parking garage.

But the unassuming presence of hockey history here means the most determined visitors can still detect the subtle traces. Like the local legend that says ghosts patrolled the rafters of the old Forum, the game's past still resonates. From the marking of centre ice at the reconfigured Forum, to the childhood home of Montreal Canadiens legend Maurice (Rocket) Richard, to the hotel where the NHL was first created, there's still plenty for enthusiasts to see, says an expert on the game's history in the city.

"It's just amazing to go through the city like that," said Michel Vigneault, a Universite du Quebec a Montreal kinesiology professor who wrote his PhD thesis on the city's hockey-filled past.

"But you have to know the history behind it because some places have been changed over time." Vigneault said a significant chunk of that history is centred around the Victoria Skating Rink, an arena that hosted the first-recorded organized game in 1875 and inspired the dimensions for future NHL ice surfaces.

Today, however, the Victoria is a parking garage — which perhaps reinforces the idea that visiting these vanished sites is reserved for only the purest hockey nerd.

The widely forgotten rink put its stamp on the sport before it was demolished in 1929.

Vigneault said that March 1875 hockey game played at the Victoria was the first with pre-established rules. It featured a wooden puck, nine players on each side and a rugby-like rule restricting athletes from making forward passes.

That match, played mostly by McGill University students, also had a nightmarish setup for netminders: the goals were eight feet wide, Vigneault said.

In a hint of things to come for the new sport, he said a newspaper report published the following day indicated the game ended in a brawl.

Vigneault insists the Victoria's place in history differs from the hotly disputed debate over the game's earlier origins. Some believe it was first played elsewhere in Canada, while others argue it began in Europe. Paintings from 17th-century Holland show people with sticks and skates on ice.

"We cannot say exactly where hockey started, but we know where organized hockey started," said Vigneault, who's also a member of the Society for International Hockey Research. "From that, we know everything that happened after. The problem is, what happened before? We still don't know."

The downtown property is wedged between Drummond and Stanley streets, the latter named after the former governor general who created the Cup. Coincidentally, it's close to the Bell Centre — the Canadiens' current home — where the only plaque that pays homage to the Victoria Skating Rink is found.

Other hockey landmarks can be found nearby, including Metcalfe Street's Sun Life Building (the former offices of the NHL and its longtime president Clarence Campbell) and a Peel Street building formerly known as the Windsor Hotel (where the NHL was founded in 1917).

A plaque commemorating the birth of the NHL hangs inside the old Windsor Hotel, which has since been transformed into an office building called Le Windsor.

A more famous landmark lies just over a kilometre away, near the slope of Mount Royal just below the wealthy Westmount area.

At the corner of Atwater and Ste-Catherine streets, visitors will find the site of the storied Montreal Forum, home to the Maroons from 1924 to 1938 and the Canadiens from 1926 to 1996.

Not only were two-dozen Stanley Cups won by the teams playing in that building. The site also witnessed three notable international sporting events within several years.

There was the shocking first contest of the 1972 Summit Series, where the dominant Soviets cast instant doubt on Canada's claim to hockey supremacy. Three years later, in 1975, the Canadiens and Moscow's Red Army played what some have called the greatest game ever. In world sporting history, it's also the site where gymnast Nadia Comaneci recorded her perfect 10 in the 1976 Olympics.

Today, the site is a movie complex. The building houses stores, restaurants, a bowling alley, a bar and a comedy club in addition to the Cineplex. There is a nod to its hockey heritage: Habs logos mark the original spot of centre ice on the floor of the complex, where there is a cluster of the arena's old seats and a statue of Richard. Upstairs, photos of former Habs teams adorn the walls.

THE CANADIAN PRESS

If you go...

- **Montreal Canadiens Hall of Fame.** $11 for adults, $8 for seniors, $8 for children (aged five to 16 years old). Children four and under are free. Call 514-925-7777.

The Pepsi Forum showcases some of Montreal's hockey history. RYAN REMIORZ/THE CANADIAN PRESS

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Not into pumpkin sweets? Try this updated version of Lemon Meringue

ROSE REISMAN
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This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the meringue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8 mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase the oven temperature to 375 F and bake for 10 minutes or until meringue is just lightly browned. Chill until cold and cut into 4 small slices. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

Per serving (1 slice)

257 calories; 5.1 g protein; 45 g carbohydrates; 0.3 g fibre; 5 g total fat; 1.9 g saturated fat; 54 mg cholesterol; 87 mg sodium

Ingredients

Makes one nine-inch pie

Crust
- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 can (14 oz) + 2/3 cup low-fat sweetened condensed milk
- 1 tbsp lemon zest
- 1/2 cup lemon juice (freshly squeezed)
- 3 egg yolks (save the whites)

Meringue
- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water

Lemon Meringue Custard Pie

This recipe serves four to six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Orange, Banana and Cinnamon Slushie

For a sweet dessert in a cup, try this slushie drink with its tasty dash of cinnamon. It's the perfect mid-day snack.

- 3 cups lightly crushed ice
- 1 cup no-pulp orange juice
- 2 bananas
- 1/2 cup agave syrup or honey
- 1/2 tsp cinnamon
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender. Serve immediately.

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Student Voice

Employers, keep an equal eye out for arts students

Fionn Smyth
Graduate
Bachelor of Arts in Labour Studies and Theatre & Film
McMaster University

TalentEgg.ca

After graduating with no job I took the opportunity to participate in J'Explore and learn French in a semi-immersion environment. After that I spent about six weeks constantly applying to work in full- time entry level positions either in my field or that could get me somewhere I wanted to go.

Finally I got a job but soon found out that it was not for me. After that I took a full-time position at Starbucks as a barista and was soon promoted to supervisor, however I still feel that there is more I could be doing with my education. Don't get me wrong, my job pays my bills, but I'm looking for more than that.

My recommendations for employers, schools and career centres

I recommend that schools do more for their students in the arts. As someone who took a combined honours degree I found it nearly impossible to figure out which route to take or even how to pursue things that I wanted. While some arts students do get the attention that they deserve I often found that I had to do a lot more digging than my colleagues in engineering or sciences.

What I'm doing now

Right now I'm still at Starbucks as a supervisor. I had different ideas in mind for this time of my life. I'm just paying my bills and trying to get ahead. I'm still looking for something that will be more fulfilling on the whole and something that will let me use my education. I'm also applying to teacher's college for the fall of 2013 but with the job market the way it is there is still a long way to go.

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Planning your next promotion

Climb toward that contract. It takes determination to chart an upward spiral in the financial field

ELIAS
DA SILVA-POWELL
TalentEgg.ca

If you're just starting out at your first entry-level or early-career job in financial services or accounting, you may not have given too much thought to your long-term career objectives. But if you aspire to a management position one day, you'll need to start planning now.

A recent survey developed by Robert Half Management Resources has found that fewer than one third of management positions in accounting and finance were filled by candidates who were promoted internally. So take in these tips to beat the odds.

Speak up

You may need to raise your voice in order to give yourself a good shot, particularly if you're being overlooked. "If you get a sense that others have been identified for roles and you're not getting tapped on the shoulder, it's appropriate to ask for feedback in terms of what skill sets you're lacking," says David King, Canadian president of Robert Half.

Improve yourself

If you notice that you're lacking a skill in demand among managers at your company, try to learn close to home. "Seeking professional development that's sponsored by your company would be ideal, and if it isn't, you may have to look for it on your own time," says David. In either case, make sure your supervisor is aware that you're dedicating your own time to broadening your skill set on your employer's behalf.

Advertise yourself

Performance reviews give you the opportunity to build on your employer's existing impression of you while emphasizing steps you've taken to put yourself in line for a move up the ladder. "That ensures that they see you are, one, interested in and, two, capable of promotion," he says. Key among these steps is taking on special projects which demonstrate skills you don't use in your regular job.

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Contagion 14A

An international team of doctors struggles against time and the panic quickly spreading throughout society to find the cause of a deadly disease outbreak. Will they find a cure?

Contagion will be introduced by Guido Van Marle PhD., a virologist at the University of Calgary. Dr. Van Marle will lead a discussion on viruses and infection following the film.

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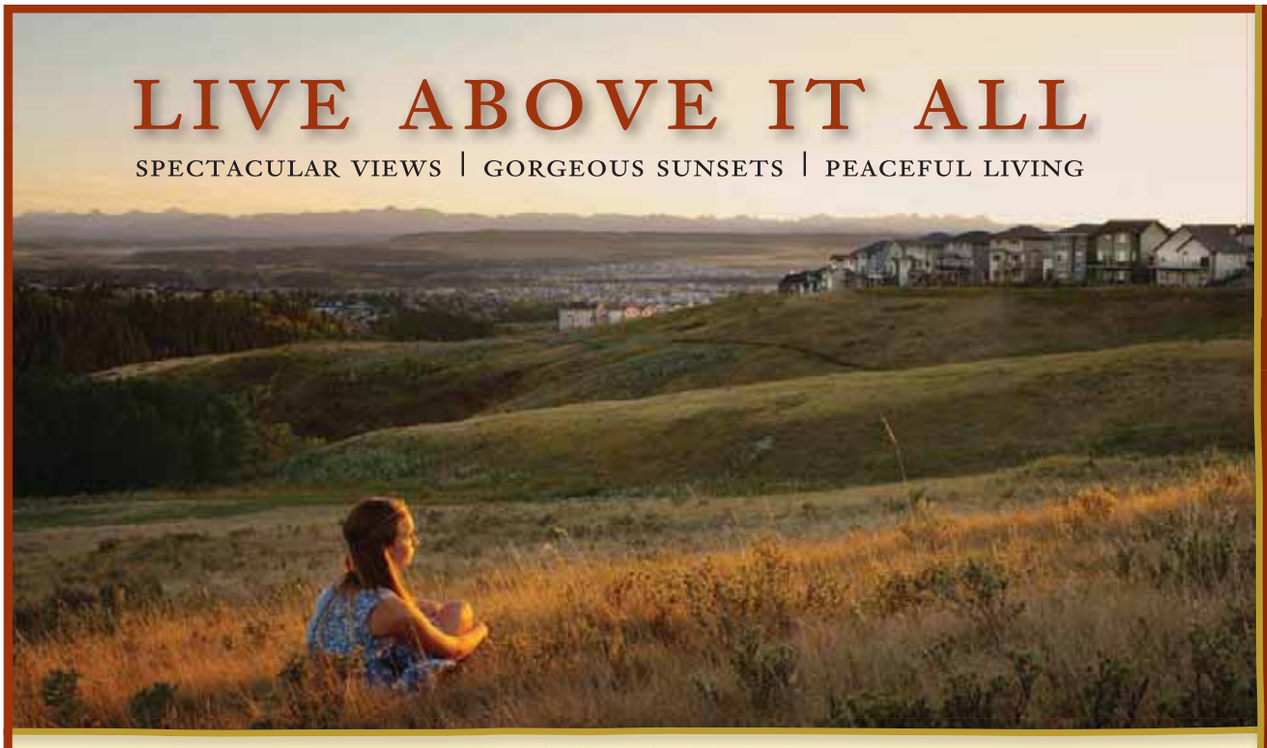

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Progress stalls as lockout bill climbs to $100 million

Lockout. With no bargaining sessions ahead, loss of regular-season games looms

The NHL lockout has already cost the league almost $100 million in lost revenue.

That figure will likely end up looking like chump change by the time the sport's latest labour dispute is settled.

Talks broke off quickly between the league and the NHL Players' Association on Tuesday morning, and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he also revealed the extent of the damage the lockout has inflicted so far — "close to" $100 million after the cancellation of the entire pre-season schedule.

"That is not going to be recouped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"We're still focused on doing what we can to minimize the damage."

NHL deputy commissioner Bill Daly on the looming cancellation of regular-season games.

The revelation didn't elicit much sympathy from the union. Executive director Donald Fehr pointed out the sides could have continued negotiating past the Sept. 15 expiry of the last agreement.

"If this is a loss, this is a loss that is entirely of their own making," Fehr told The Canadian Press in an interview. "They're the ones that did this; nobody told them to."

The $100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

There are currently no other bargaining sessions planned. Fehr spoke with commissioner Gary Bettman by phone on Tuesday afternoon and is hopeful negotiations could resume in Toronto before the end of the week. **THE CANADIAN PRESS**

Djokovic returns to court in Beijing

Serbia's Novak Djokovic returns a shot to Michael Berrer of Germany in their men's singles match at the China Open tennis tournament in Beijing on Tuesday. Djokovic defeated Berrer 6-1, 6-7, 6-2 in his first match since losing the U.S. Open final. In the second round of the women's tournament, top-ranked Victoria Azarenka and No. 3 Agnieszka Radwanska both advanced with straight-set victories.

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Valanciunas eager to get started at Raptors camp

NBA. Fifth-overall pick could return from calf strain later this week

MATTHEW WUEST
Metro in Halifax

While the rest of his teammates bounded around the Canada Games Centre practising their shooting and fine-tuning their skills, Jonas Valanciunas was stuck at the far end of the gym, nowhere near a basketball hoop.

The prized seven-foot Toronto Raptors rookie, unable to participate on the opening day of training camp in Halifax because of a calf strain, was trussed with resistance bands while working 1-on-1 along the sidelines with Alex McKechnie, the NBA team's director of sports science.

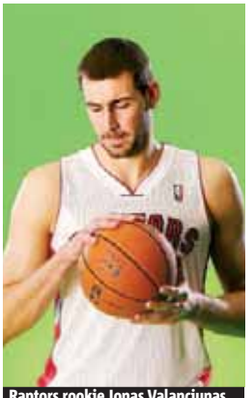
Valanciunas is expected to join his teammates soon — perhaps later this week — but that didn't make Tuesday any easier.

"I feel bad because I'm watching those guys running on the floor and I want to run with them," said the 20-year-old after practice, his calf strapped with enough ice to fill a small deep freeze.

"It's kind of hard, but I will be OK."

Valanciunas might have been sugar-coating his predicament for media.

"He was sending a few verbal and physical signals over to (McKechnie) today — he's not very happy with him for holding him back," said Raptors president and general manager Bryan Colangelo.



Raptors rookie Jonas Valanciunas poses during media day in Toronto on Monday. TORSTAR NEWS SERVICE

While Valanciunas is growing impatient to get started, Colangelo and the Raptors know the feeling. They drafted Valanciunas fifth overall in 2011 knowing full well they'd have to wait a year before he put on their jersey because of contractual obligations in Lithuania.

Valanciunas, who averaged 14.2 points, 7.4 rebounds and 1.9 blocks last season and was named FIBA Europe young men's player of the year for 2011, is hoped to be Toronto's future at the centre position.

Although he'll need to avoid foul trouble — something that could be a big challenge — he is expected to immediately improve the Raptors' defence and rebounding with his physicality and 257-pound frame, as well as help them score more, even if he's not doing it himself.

"You're going to see a player who is going to have an impact regardless of what he does statswise," Colangelo said. "He's a rim runner. He's going to run down the court and get down and suck defence with him and he's going to open opportunities for the trailing shooters."

Raptors head coach Dwane Casey said he's prepared to throw Valanciunas "into the fire early." There are bound to be growing pains, but Valanciunas — like everybody else involved — is eager to finally see how he measures up.

"This year is my first in the NBA," he said. "I'm really excited to be here, to see what I can do in this league."

Quoted

"That's the biggest limitation for him — learning the nuances of staying on the court without getting into foul trouble."

Raptors president and GM Bryan Colangelo on Jonas Valanciunas

Baltimore earns one more day to fight for AL East title

The Baltimore Orioles celebrate their 1-0 win over the Tampa Bay Rays Tuesday night in St. Petersburg, Fla. Chris Davis homered for the sixth straight game and the Baltimore Orioles overcame a club-record 15 strikeouts by James Shields to get the win and push the AL East race to the final day of the season. Baltimore remains one game behind the first-place New York Yankees, who rallied late to beat Boston 4-3 in 12 innings. J. MERIC/GETTY IMAGES

MLB

Jays' Jenkins gets career win No. 1 against Twins

Just a few months ago, right-hander Chad Jenkins was pitching for double-A New Hampshire and his confidence was taking a hit.

He had three poor starts in a row in early July but was able to turn things around and the Blue Jays called him up a month later. His hard work paid off Tuesday when he earned his first major-league victory in Toronto's 4-3 win over Minnesota.

"There were parts of this year where I honestly wasn't sure whether I was going to get here," Jenkins said. "But fortunately the Blue Jays gave me a chance and now I'm just trying to run with it."

Jenkins (1-3) was solid over five-plus innings, allowing five hits and two earned runs in his third major-league start. Pitching on three days' rest, he threw 48-of-74 pitches for strikes.

"Going out tonight and getting that win, that's huge for the confidence going into the off-season," he said.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	94	67	.584	—	—
z-Baltimore	93	68	.578	1	—
Tampa Bay	89	72	.553	5	3½
Toronto	72	89	.447	22	20½
Boston	69	92	.429	25	23½

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	87	74	.540	—	—
Chicago	84	77	.522	3	8½
Kansas City	72	89	.447	15	20½
Cleveland	68	93	.422	19	24½
Minnesota	66	95	.410	21	26½

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	67	.581	—	—
z-Oakland	92	68	.575	1	—
Los Angeles	89	71	.556	4	3
Seattle	73	87	.456	20	19

z — clinched playoff berth; **x** — clinched division; **y** — clinched wild-card berth.

Tuesday's results
Toronto 4 Minnesota 3
Baltimore 1 Tampa Bay 0
Cleveland 4 Chicago White Sox 3 (12 innings)
Kansas City 4 Detroit 2
N.Y. Yankees 4 Boston 3 (12 innings)
Texas at Oakland
L.A. Angels at Seattle
Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
Detroit 6 Kansas City 3
L.A. Angels 8 Seattle 4
N.Y. Yankees 10 Boston 2
Oakland 4 Texas 3
Tampa Bay 5 Baltimore 3
Wednesday's games — All Times Eastern
Texas (Dempster 7-3) at Oakland (Griffin 7-1), 3:35 p.m.
L.A. Angels (Weaver 20-4) at Seattle (Beavan 10-11), 6:40 p.m.
Boston (Matsuzaka 1-6) at N.Y. Yankees (Kuroda 15-11), 7:05 p.m.
Chicago White Sox (Floyd 11-11) at Cleveland (D.Huff 3-0), 7:05 p.m.
Minnesota (Diamond 12-8) at Toronto (Morrow 9-7), 7:07 p.m.
Baltimore (Tillman 9-2) at Tampa Bay (Hellickson 9-11), 7:10 p.m.
Detroit (L.Marte 0-0) at Kansas City (Mendoza 8-9), 8:10 p.m.
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera, Det	159	617	109	203	.329
Trout, LAA	137	551	129	179	.325
Mauer, Minn	145	540	81	174	.322
Beltre, Tex	154	596	95	190	.319
Jeter, NYY	157	673	99	213	.316
TorHunter, LAA	139	532	81	167	.314
Fielder, Det	160	578	83	181	.313
Butler, KC	159	609	72	190	.312
Cano, NYY	159	617	102	190	.308
Rios, ChiW	157	605	93	184	.304

RBIs — MiCabrera, Detroit, 137; Hamilton, Texas, 127; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.
HOME RUNS — MiCabrera, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; ADunn, Chicago Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.
PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-10; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8.
Not including Tuesday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	97	64	.602	—	—
y-Atlanta	93	68	.578	4	—
Philadelphia	81	80	.503	16	6
New York	73	88	.453	24	14
Miami	69	92	.429	28	18

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	97	64	.602	—	—
St. Louis	87	74	.540	10	—
Milwaukee	83	78	.516	14	4
Pittsburgh	79	82	.491	18	8
Chicago	60	101	.373	37	27
Houston	55	106	.342	42	32

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	67	.581	—	—
Los Angeles	85	75	.531	8	1½
Arizona	80	80	.500	13	6½
San Diego	75	86	.466	18½	12
Colorado	63	97	.394	30	23½

Tuesday's results
Cincinnati 3 St. Louis 1
Houston 3 Chicago Cubs 0
Miami 4 N.Y. Mets 3 (11 innings)
Milwaukee 4 San Diego 3
Pittsburgh 5 Atlanta 1
Washington 4 Philadelphia 2
Colorado at Arizona
San Francisco at L.A. Dodgers
Monday's results
Colorado 7 Arizona 5 (13 innings)
Houston 3 Chicago Cubs 0
L.A. Dodgers 3 San Francisco 2
Miami 3 N.Y. Mets 2
Milwaukee 5 San Diego 3
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
St. Louis 4 Cincinnati 2
Wednesday's games — All Times Eastern
Atlanta (Sheets 4-4) at Pittsburgh (A.J.Burnett 16-9), 12:35 p.m.
Philadelphia (Cl.Lee 6-8) at Washington (E.Jackson 9-11), 1:05 p.m.
Houston (E.Gonzalez 3-1) at Chicago Cubs (T.Wood 6-13), 2:20 p.m.
N.Y. Mets (Hefner 3-7) at Miami (Koehler 0-0), 4:10 p.m.
Colorado (Francis 5-7) at Arizona (I.Kennedy 15-11), 7:10 p.m.
San Francisco (Vogelsong 14-9) at L.A. Dodgers (Kershaw 13-9), 7:15 p.m.
San Diego (Werner 2-3) at Milwaukee (Stinson 0-0), 8:10 p.m.
Cincinnati (H.Bailey 13-10) at St. Louis (Wainwright 14-13), 8:15 p.m.
END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera, SF	113	459	84	159	.346
Posey, SF	146	524	77	176	.336
AMcCutchen, Pgh	155	586	107	193	.329
Braun, Mil	152	591	106	190	.321
YMolina, StL	137	501	65	159	.317
Craig, StL	118	465	76	144	.310
DWright, NYM	154	575	90	177	.308
Scutaro, SF	154	613	86	187	.305
Pacheco, Col	130	467	50	142	.304
CGonzalez, Col	135	518	89	157	.303

RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ArRamirez, Milwaukee, 104; Holliday, St. Louis, 101; Posey, San Francisco, 101.
HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; Beltran, St. Louis, 32; LaRoche, Washington, 32; ASoriano, Chi Cubs, 32.
PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6.
Not including Tuesday's games

BLUE JAYS 4, TWINS 3

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Span cf	4	1	2	2	RDavis lf	4	0	1	1
Revere rf	4	0	3	0	YEscor ss	3	0	1	1
Mauer dh	3	0	0	0	Lawrie 3b	3	0	1	0
Parmel 1b	4	0	0	0	Lind 1b	3	0	0	0
Plouffe 3b	4	1	1	0	Arencii c	4	1	1	0
MCarsn lf	4	0	2	0	KJhnsn dh	3	1	1	2
Mstrnn pr	0	0	0	0	Hchvrr 2b	3	1	1	0
CHrmn c	4	0	0	0	Sierra rf	3	0	0	0
ACasill 2b	3	0	1	1	Gose cf	1	1	0	0
EEscor ss	3	1	1	0					
Totals	**33**	**3**	**10**	**3**	**Totals**		**27**	**4**	**6**	**4**
Minnesota					**000**	**002**	**100**	**— 3**
Toronto					**001**	**210**	**00x**	**— 4**

E—Plouffe (19), T.Robertson (1). DP—Minnesota 3, Toronto 2. LOB—Minnesota 4, Toronto 4. 2B—Span (38), Plouffe (19), A.Casilla (17), Hechavarria (8). HR—Span (4), K.Johnson (16). CS—Revere 2 (9).

Minnesota	IP	H	R	ER	BB	SO
Swarzak L,3-6	5	5	4	4	3	2
Waldrop	2	1	0	0	1	0
Perdomo	2-3	0	0	0	1	0
T.Robertson	0	0	0	0	0	0
Fien	1-3	0	0	0	0	0
Toronto						
Jenkins W,1-3	5	5	2	2	1	2
Loup H,6	1	1	0	0	0	1
Delabar H,12	1	2	1	1	0	0
Oliver H,16	1	1	0	0	0	0
Janssen S,22-25	1	1	0	0	0	1

Jenkins pitched to 2 batters in the 6th.
T.Robertson pitched to 1 batter in the 8th.
Umpires—Home, Clint Fagan; First, Toby Basner; Second, Tim McClelland; Third, Marvin Hudson.
T—2:33. A—13,930 (49,260) at Toronto.

TENNIS

ATP-WTA CHINA OPEN

At Beijing
Tuesday's results
Men's Singles — First Round
Novak Djokovic (1), Serbia, def. Michael Berrer, Germany, 6-1, 6-7 (3), 6-2.
Yen-hsun Lu, Taiwan, def. David Ferrer (2), Spain, 5-4 (retired).
Jo-Wilfried Tsonga (3), France, def. Denis Istomin, Uzbekistan, 4-6, 6-1, 7-6 (3).
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-2, 6-4.
Mikhail Youzhny, Russia, def. Tommy Haas (7), Germany, 6-4, 4-6, 6-2.
Women's Singles — Second Round
Victoria Azarenka (1), Belarus, def. Sabine Lisicki, Germany, 6-4, 6-2.
Agnieszka Radwanska (3), Poland, def. Zhang Shuai, China, 6-2, 6-3.
Angelique Kerber (5), Germany, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-0.
Li Na (7), China, def. Nadia Petrova, Russia, 6-1, 6-2.
Caroline Wozniacki (10), Denmark, def. Su-wei Hsieh, Taiwan, 6-7 (5), 7-6 (3), 6-0.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Tuesday's results
Singles — First Round
Andy Murray (1), Britain, def. Ivo Karlovic, Croatia, 7-6 (7), 6-4.
Tatsuma Ito, Japan, def. Nicolas Almagro (5), Spain, 7-6 (4), 7-6 (5).
Milos Raonic (6), Thornhill, Ont., def. Radek Stepanek, Czech Rep., 6-4, 6-4.
Kei Nishikori (8), Japan, def. Go Soeda, Japan, 4-6, 6-2, 6-3.
Tommy Robredo, Spain, def. Jarkko Nieminen, Finland, 6-2, 6-4.
Jeremy Chardy, France, def. Yuichi Sugita, Japan, 6-1, 7-5.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28

WEEK 15

Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

PLAYERS OF THE WEEK

Offensive — Henry Burris, QB, Hamilton
Defensive — Adam Bighill, LB, B.C.
Special Teams — Trent Guy, KR, Montreal
Canadian — Jon Cornish, RB, Calgary

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	33	30	7	130
Congi, Ham	0	39	29	1	127
Whyte, Mtl	0	39	23	6	114
Paredes, Cal	0	35	26	1	114
Palardy, Wpg	0	18	30	5	113
Shaw, Edm	0	27	21	8	98
Waters, Tor	0	16	23	6	91
x-C.Williams, Ham	13	2	0	0	80
DeAngelis, Sask	0	17	18	1	72
Milo, Sask	0	16	11	12	61

x — scored two-point convert

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Dallas	2	2	0	.500	65	88
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	3	1	0	.750	108	68
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR

Byes: Indianapolis, Pittsburgh
Monday's result
Chicago 34 Dallas 18
Sunday's result
Arizona 24 Miami 21 (OT)
Atlanta 30 Carolina 28
Cincinnati 27 Jacksonville 10
Denver 37 Oakland 6
Green Bay 28 New Orleans 27
Houston 38 Tennessee 14
Minnesota 20 Detroit 13
New England 52 Buffalo 28
Philadelphia 19 N.Y. Giants 17
San Diego 37 Kansas City 20
San Francisco 34 N.Y. Jets 0
St. Louis 19 Seattle 13
Washington 24 Tampa Bay 22
Thursday's result
Baltimore 23 Cleveland 16

WEEK FIVE

Byes: Dallas, Detroit, Oakland, Tampa Bay
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday's games
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

UEFA CHAMPIONS LEAGUE

FIRST ROUND

Tuesday's results
GROUP E
Juventus (Italy) 1 Shakhtar Donetsk (Ukraine) 1
Nordsjaelland (Denmark) 0 Chelsea (England) 4
GROUP F
Valencia (Spain) 2 Lille (France) 0
BATE Borisov (Belarus) 3 Bayern Munich (Germany) 1
GROUP G
Spartak Moscow (Russia) 2 Celtic (Scotland) 3
Benfica (Portugal) 0 Barcelona (Spain) 2
GROUP H
CFR Cluj (Romania) 1 Manchester United (England) 2
Galatasaray (Turkey) 0 Braga (Portugal) 2
Wednesday's games — All Times Eastern
GROUP A
Dynamo Kiev vs. Dinamo Zagreb, 2:45 p.m.
Porto vs. Paris Saint-Germain, 2:45 p.m.
GROUP B
Arsenal vs. Olimpiakos, 2:45 p.m.
Schalke vs. Montpellier, 2:45 p.m.
GROUP C
Zenit St. Petersburg vs. AC Milan, Noon
Anderlecht vs. Malaga, 2:45 p.m.
GROUP D
Ajax vs. Real Madrid, 2:45 p.m.
Manchester City vs. Borussia Dortmund, 2:45 p.m.

ASIAN CHAMPIONS LEAGUE

QUARTER-FINALS
Second Leg
Tuesday's results
Al Ahli (Saudi Arabia) 4 Sepahan (Iran) 1
(Al Ahli advances 4-1 on aggregate)
Guangzhou Evergrande (China) 2 Al Ittihad (Saudi Arabia) 1
(Al Ittihad advances 5-4)

CRICKET

WORLD TWENTY20

SUPER EIGHTS

At Colombo, Sri Lanka
GROUP ONE
Monday's results
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
Tuesday's results
Pakistan 149-6 def. Australia 117-7 by 32 runs
India 152-6 def. South Africa 151 by one run
SEMIFINALS
Thursday's match
Sri Lanka vs. Pakistan
Friday's match
Australia vs. West Indies
FINAL — Sunday, Oct. 7: Semifinal winners, TBD

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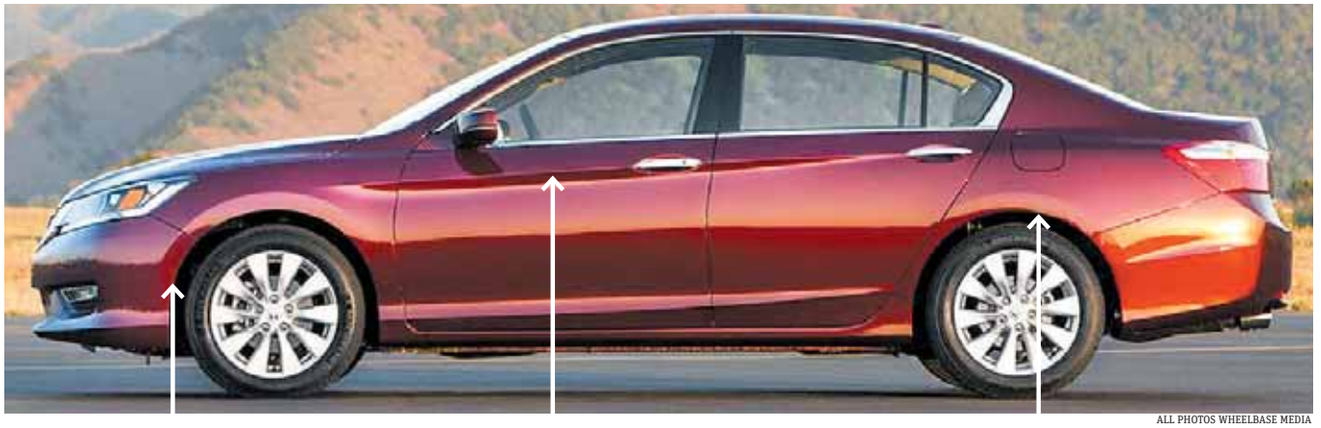


ALL PHOTOS WHEELBASE MEDIA

Style

The latest Accord that's now on sale appears more svelte, with none of the excessive front overhang that marred the previous generation. The look is more proportionally balanced and shows greater attention to detail in terms of styling execution. The sedan is far more pleasing to the eye than past efforts. The coupe, on the other hand, already deemed a good looker, has undergone a more subtle transformation and remains one of the most appealing models of its type on the road.

2013 Honda Accord

- **Types.** Two- /four-door, front-wheel-drive mid-size coupe/sedan.
- **Engines (hp).** 2.4-litre DOHC I4 (185-189); 3.5-litre SOHC V6 (278); 2.0-litre DOHC I4 with 124 kilowatt electric motor (196, net).
- **Safety.** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.
- **Base price (incl. destination).** $25,300.

Cabin

Good looking also describes the Accord's new cabin. The artistically sculpted dashboard is a sensational piece and thankfully devoid of knob and switchgear clutter. Drivers will be particularly enamored with the clear and crisp white-on-black center gauges and the high-definition eight-inch (20- centimetre) multi-information display screen. All passengers are treated to more comfortable seating arrangements.

Fuel consumption

In explaining its CVT decision, Honda's stewards deemed it necessary to lower fuel consumption to more competitive levels, as in 7.8 l/100 km city and 5.5 highway. Those numbers are second only to the class-leading Altima's 7.4/5.0 rating.

Performance

Accords remain admirable road performers, with an enhanced feeling of sportiness and ride control. The base 2.4-litre four-cylinder (labelled "Earth Dreams") makes 185 horsepower (189 for the Sport model), up from 177. The optional 278-horsepower 3.5-litre V6 gains a mere seven ponies. Manual-transmission lovers should be pleased that the six-speed gearbox remains available with four-cylinder Accord sedans and up-level V6 coupes.

Review. Although it's smaller, Accord keeps the optional V6 and fine-tunes pretty much everything else

MALCOLM GUNN
Wheelbase Media

Buyers expecting the ninth-generation Accord to be bigger and bolder will need to adjust their perspective concerning one of North America's most successful sedan and coupe lines.

The U.S.-built (30 years and counting) Accord maintains a conservative presence, while undergoing a complete metamorphosis in style, features and running gear.

Paraphrasing Honda's styling director David Marek, the Accord's makeover started from the inside out to ensure that occupants were treated to as much room and style as possible. Reshaping the exterior included soliciting opinions from current Accord owners who made it clear they wanted a less bulky car that didn't sacrifice overall spaciousness.

Sounds like a tall order, but Marek's design team appear to have delivered on virtually all counts. The 2013 Accord sedan is about nine centimetres shorter and loses about 2.5 centimetres between the front and rear wheels while gaining a centimetre in width. At the same time, trunk space has increased by five per cent, thanks in part to a more compact rear suspension.

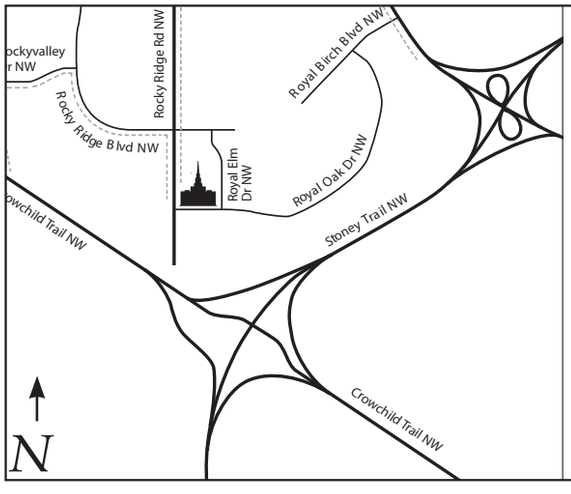
In early 2013, Honda will introduce the Accord plug-in hybrid. In this format, a 2.0-litre four-cylinder is mated with a 124-kilowatt electric motor to produce 196 net horsepower. The plug-in travels up to 24 kilometres on electric-only power, can run on grid juice at speeds up to 100 km/h and has a maximum 700-kilometre range.

The clincher is it takes three hours — a relatively short time — on standard 120-volt house current to replenish the lithium-ion battery (about 10 minutes for a 50-per-cent charge), or about an hour using a 240-volt charger. Honda plans to introduce a non-plug-in hybrid by mid-2013, giving the Accord a one-two punch in the eco-sedan category.

The Accord has never been about the "wow factor", but more the "smart factor." As such — despite the smaller overall package — there's actually more interior volume.

On the Web

Scan code for more car reviews and news.



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On the cutting edge of cuteness

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides

AUTO PILOT
Mike Goetz
drive@metronews.ca

Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

Automotive technology is advancing at breakneck speeds. Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business. The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness. Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c. I recently took a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in. All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split. The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and appreciate cuteness. It's just that we have more natural defence to deal with it. We can walk away. Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps? Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

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Horoscopes

♈ Aries
March 21 - April 20
You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

♉ Taurus
April 21 - May 21
What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

♊ Gemini
May 22 - June 21
You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

♋ Cancer
June 22 - July 23
It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

♌ Leo
July 24 - Aug. 23
You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

♎ Libra
Sept. 24 - Oct. 23
You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

♏ Scorpio
Oct. 24 - Nov. 22
What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

♐ Sagittarius
Nov. 23 - Dec. 21
You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

♑ Capricorn
Dec. 22 - Jan. 20
Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

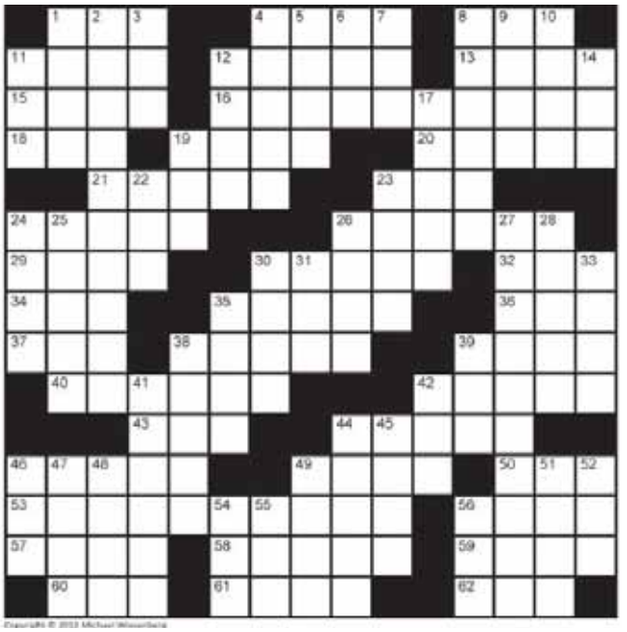
♒ Aquarius
Jan. 21 - Feb. 19
You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

♓ Pisces
Feb. 20 - March 20
Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

BY MICHAEL WIESENBERG



Across
1. Upper limb
4. Spoken
8. CD ancestors
11. *Yours* or *to you* (singular): Fr. (2 wds.)
12. "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
13. Acorn-dropping trees
15. Deafening
16. Maritime Province (2 wds)
18. Lower limb
19. Australian birds with green eggs
20. Foe
21. Float in place
23. Boxer Muhammed ___, the former Cassius Clay
24. Carried, as by the wind
26. Edmonton NHL team
29. Make ___ with: impress someone (2 wds.)
30. Banquets
32. And so on: abbr.
34. Unhappy
35. Casting director's assignments
36. Cause surface damage to
37. Before: poetic
38. Halifax-born singer McLachlan
39. Completely naked
40. Yellowknife is 400 miles south of this Circle
42. Apply juice, as to a turkey
43. Fled on foot
44. Call off (a mission), in NASA-speak
46. Book of maps
49. All over again
50. Recede, as the Bay of Fundy tide
53. Dentifrice
56. Burn the midnight oil studying
57. Comfortable state
58. Foreigner
59. Nevada's "The Biggest Little City in the World"
60. ___ Moines, Iowa
61. Votes cast in favor
62. Not even

Down
1. Dip ___ in the water: test bath temperature (2 wds.)
2. Saskatchewan CFL team member
3. Central
4. Smell
5. Guns, as an engine
6. ___ loss for words (2 wds.)
7. ___ Angeles
8. Dollar coin
9. Appetizer spread
10. ___ milk: 0% fat
11. Everything
12. "This one's ___": "My turn to buy" (2 wds.)
14. Speak
17. Biological building blocks
19. Night before
22. Quebec neighbour: abbr.
23. Is sick
24. Air Force installation
25. Scarlett ___
26. Promise
27. "'Digitally ___": fresh copy made from the original, in a DVD or CD notice
28. Begin
30. ___ Garneau: first Canadian in outer space
31. Historic period of note
33. They were among the original inhabitants of Ontario
35. Ache
38. Hidden cache
39. Tavern
41. Packing cases
42. Acknowledge applause
44. Puts money into a poker pot before cards are dealt
45. "What's ___ happening?"
46. Consumed
47. Frog's land-based cousin
48. Be an unsuccessful gambler
49. Largest continent
51. Group of marching musicians
52. RBC competitor
54. Earnings
55. Hearty pub order
56. ___-Magnon man

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		4	6		2			
	3					4	9	
6	7				1	8		
2		8	7				3	
				9				
	1				4	7		5
		9	4				1	7
	2	7					5	
			5		8	9		

Yesterday's Sudoku

Weather

TODAY	THURSDAY-	FRIDAY
MAX: 4° MIN: 1°	MAX: 6° MIN: -4°	MAX: 7° MIN: -6°

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WAS $~~40,215~~ NOW $26,700

TOYOTA 2012 FACTORY EVENT

2012 TOYOTA VENZA AWD TOURING PACKAGE

$13,515

stock # 120816*

COMBINED HAIL AND CASH SAVINGS OR FINANCE FROM 0.9% 72 MO. O.A.C.

WAS $~~36,944~~ NOW $27,992

TOYOTA 2012 FACTORY EVENT

2012 TOYOTA CAMRY XLE V6

$8,952

stock # 120822*

COMBINED HAIL AND CASH SAVINGS OR FINANCE FROM 2.9% 72 MO. OAC

WAS $~~28,154~~ NOW $20,777

TOYOTA 2012 FACTORY EVENT

2012 TOYOTA PRIUS

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2009 TOYOTA YARIS stock # 120373A, 72 mo. ZERO DOWN	BEFORE HAIL $12,780 AFTER HAIL $9,988	$166/mo.	
2009 TOYOTA MATRIX stock # 121186A, 60 mo. ZERO DOWN	BEFORE HAIL $13,569 AFTER HAIL $9,567	$189/mo.	
2009 TOYOTA VENZA stock # 4943A, 72 mo. ZERO DOWN	BEFORE HAIL $28,484 AFTER HAIL $22,869	$280/mo.	
2010 DODGE JOURNEY stock # 121147A, 84mo. ZERO DOWN	BEFORE HAIL $25,368 AFTER HAIL $20,859	$304/mo.	
2010 HONDA ODYSSEY stock # 121129A, 84mo. ZERO DOWN	BEFORE HAIL $28,300 AFTER HAIL $23,898	$348/mo.	

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